



Cross Country

VICTORY
IS THE GOAL...



DETERMINATION
GETS YOU THERE!

Howards Grove High School
2013 Cross Country Results

Head Coach: Gary A. Kalk

**Howards Grove High School
Girls Cross Country
2013 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	12	6
Cedar Grove Invite	7	1
Manitowoc Roncalli Invite	3	5
Sheboygan Lutheran Invite	20	1
Valders Invite	4	0
Plymouth Relays	3	3
Kewaskum Invite	4	0
County Meet @ Sheboygan Lutheran	6	3
Brillion Invite	7	2
Campbellsport Invite	8	1
Conference @ Sheboygan Lutheran	4	1
Sectional @ Sheboygan Lutheran (Division 3)	13	2
	<hr/>	
Varsity Totals	91	25

**Howards Grove High School
Boys Cross Country
2013 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	6	13
Cedar Grove Invite	4	4
Manitowoc Roncalli Invite	3	6
Sheboygan Lutheran Invite	6	15
Valders Invite	5	1
Plymouth Relays	2	4
Kewaskum Invite	3	3
County Meet @ Sheboygan Lutheran	3	6
Brillion Invite	4	8
Campbellsport Invite	2	6
Conference @ Sheboygan Lutheran	2	3
Sectional @ Sheboygan Lutheran (Division 3)	5	11
	<hr/>	
Varsity Totals	45	80



Howards Grove Cross Country 2013 Girls Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		9/5	9/12	9/14 @ Lincoln Park	9/17	9/19	9/24	9/26	10/1 @ Lutheran	10/8 Chip Timing	10/10	10/17 @ Lutheran	10/26 @ Lutheran	11/2 Wis Rapids	
KATIE GUSE	9	DNF	DNF	----	----	----	----	----	----	----	----	----	----	----	---
KAITLYN NEAR	9	17:50	17:51	17:45	17:29	18:53	18:07	18:13	17:56	17:17.09	17:19	17:02	17:42	----	17:02
MELISSA OXTOBY	9	20:26	20:08	19:32	19:40	20:42	19:21	20:12	19:44	19:28.56	19:33	18:52	18:54	----	18:52
ASHLEY REINEMANN	9	16:32	16:39	16:41	16:24	17:47	15:51	16:40	16:20	16:04.39	16:11	16:05	16:33	----	15:51
NOELLE ESCHEN	10	17:53	----	----	18:21	19:04	----	----	----	----	----	----	----	----	16:55.29
KARA BELL	11	20:32	20:29	19:34	19:58	21:18	19:11	20:15	19:49	19:29.81	19:31	18:51	18:42	----	17:53.72
MORGAN EDGE	11	18:12	17:38	17:55	17:50	18:28	18:11	18:12	----	17:47.22	17:16	17:40	17:23	----	16:24.87
EMILY ESCHEN	12	17:01	17:21	----	17:15	18:15	17:04	17:30	17:06	17:02.21	16:47	16:54	17:10	----	15:45.70
MEGAN GRIMMENG	12	20:33	19:33	19:45	19:14	22:00	19:39	19:58	19:20	19:01.49	18:56	19:08	18:44	----	17:50.83
HAYLEY REINKE	12	22:49	22:39	----	----	23:40	----	22:33	23:20	21:38.53	21:24	21:32	----	----	19:46.37
ERIKA RITTENHOUSE	12	21:15	21:59	21:05	20:16	21:53	21:44	24:07	22:07	23:31.55	21:25	20:32	----	----	19:13
60th Percentile		19:15	20:08	19:22	19:45	21:24	18:17	21:00	19:13	19:03	19:02	19:08	19:13	17:18.76	



Howards Grove Cross Country 2013 Boys Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		9/5	9/12	9/14 @ Lincoln Park	9/17	9/19	9/24	9/26	10/1 @ Lutheran	10/8 Chip Timing	10/10	10/17 @ Lutheran	10/26 @ Lutheran	11/2 Wis Rapids	
ARTHUR MEYER	10	23:16	22:16	22:00	22:06	22:07	22:12	23:08	22:14	21:08.45	21:13	21:43	21:23	----	21:08.45
REED TRUEBLOOD	10	22:02	21:58	----	21:56	22:06	21:39	22:22	21:48	21:00.98	21:07	21:17	----	----	21:00.98
ERIC BRUCKSCHEN	11	21:55	21:05	21:25	21:00	21:26	21:33	22:36	21:10	20:49.76	20:52	21:11	21:21	----	20:49.76
ERIC DVORACHEK	11	17:32	18:13	17:19	17:42	18:17	17:34	19:15	18:22	17:39.71	17:35	17:46	17:31	17:30.49	17:19
FRED MEYER	11	22:46	22:23	22:06	22:03	23:31	23:21	23:59	23:18	22:19.46	22:14	21:49	21:15	----	21:15
MARQUIS BOLZ	12	22:32	22:25	22:57	22:57	24:32	----	----	----	24:25.08	23:22	25:17	24:12	----	20:49.83
DALE HODGSON	12	21:41	21:01	20:48	21:32	21:07	----	21:36	21:17	----	21:08	20:45	20:55	----	20:45
LUKE OXTOBY	12	20:28	20:35	20:27	20:16	20:53	20:15	21:26	20:24	20:18.69	20:02	20:14	20:21	----	19:41.77
60th Percentile		20:52	20:58	21:13	20:54	22:07	20:16	23:27	20:50	20:16	20:28	20:48	20:40	18:29.67	

**Howards Grove High School
Cross Country
2013 Awards**

"Will-to-Win" Athletes	Reed Trueblood Megan Grimmenga
Rookie-of-the-Year	Kaitlyn Near
Most Improved Runner	Arthur Meyer
Male Runner-of-the-Year	Eric Dvorachek
Female Runner-of-the-Year	Ashley Reinemann
All-Conference Athlete (Top 10 Finish)	Eric Dvorachek Ashley Reinemann Emily Eschen
All-County Athletes (Top 21 Finish)	Eric Dvorachek Ashley Reinemann Emily Eschen
State Participants	Eric Dvorachek

Howards Grove High School Boys Cross Country 5000 Meter Records

Records Kept Since 1992
Updated November 2, 2013

Rank	Name	Time	Meet/Invite	Year
1	Ryan Mугan	16:27	Brillion	2010
2	Ryan Mугan	16:39.93	State	2010
3	Kyle Bahr	16:43	Cedar Grove	2005
4	Ryan Mугan	16:45	Conference	2010
5	Pat Buffington	16:46	Cedar Grove	2002
	Pat Buffington	16:46	Cedar Grove	2003
7	Ryan Mугan	16:49	Sectional	2010
8	Ryan Mугan	16:53	County	2010
9	Ryan Mугan	16:56	Sheboygan Lutheran	2010
10	Ryan Mугan	16:57	Plymouth	2010
11	Chris Wickesburg	17:01	Sectional	1995
12	Pat Buffington	17:02	Kewaskum	2003
13	Pat Buffington	17:05.5	State	2003
14	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
16	Ryan Mугan	17:10	Cedar Grove	2010
17	Pat Buffington	17:11	Reedsville	2001
18	Eric Lefeber	17:13	Cedar Grove	2001
19	Pat Buffington	17:14	Cedar Grove	2001
20	Pat Buffington	17:16	County	2003
21	Eric Dvorachek	17:19	Manitowoc Roncalli	2013
22	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
24	Ryan Kraemer	17:21	Valders	1991
25	Pat Buffington	17:23	Reedsville	2002
	Matt Ackley	17:23	Cedar Grove	2008
27	Chris Wickesburg	17:28	Reedsville	1995
	Matt Ackley	17:28	Brillion	2008
29	Eric Dvorachek	17:30.49	State	2013
30	Ryan Mугan	17:31	Campbellsport	2010
	Eric Dvorachek	17:31	Sectional	2013
32	Rob Mentink	17:32	Reedsville	1993
	Eric Dvorachek	17:32	Kiel	2013
34	Pat Buffington	17:33	Plymouth	2002
	Pat Buffington	17:33	Green Bay Preble	2003
	Pat Buffington	17:33	Conference	2003
	Kyle Bahr	17:33	Cedar Grove	2004
38	Eric Dvorachek	17:34	Plymouth	2013
39	Matt Ackley	17:35	Campbellsport	2008
	Eric Dvorachek	17:35	Campbellsport	2013
41	Andy Buffington	17:36	Cedar Grove	2005
42	Ryan Mугan	17:38	Kiel	2010
	Ryan Kraemer	17:38	Valders	1990
	Brad Roehrig	17:38	Valders	1991
45	Steve Grunewald	17:39	Reedsville	1995
	Matt Ackley	17:39	County	2008
	Kevin Gries	17:39	Brillion	2008
48	Eric Dvorachek	17:39.29	Brillion	2012
49	Eric Dvorachek	17:39.71	Brillion	2013
50	Kevin Gries	17:40	County	2008

Rank	Name	Time	Meet/Invite	Year
51	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
53	Matt Bahr	17:42	Kewaskum	2009
	Eric Dvorachek	17:42	Sheboygan Lutheran	2013
55	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
	Phillip Gessler	17:43	Sectional	2010
58	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
60	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
	Matt Bahr	17:46	Campbellsport	2009
	Eric Dvorachek	17:46	Conference	2013
65	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
67	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
70	Joe Holzwart	17:50	St. Francis	1999
	Corey Schwinn	17:50	Valders	1991
72	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
	Eric Dvorachek	17:51	Conference	2012
76	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
78	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
81	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
83	Matt Ackley	17:55.0	State	2008
	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
	Ryan Mугan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
88	Rob Mentink	17:56	Sectional	1992
	Matt Bahr	17:56	Conference	2009
90	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
93	Eric Lefeber	17:58	Plymouth	2001
94	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
	Eric Dvorachek	17:59	Sheboygan Lutheran	2012
97	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
	Kyle Bahr	18:00	Green Bay Preble	2005

Howards Grove High School Boys Cross Country 5000 Meter Records

Rank	Name	Time	Meet/Invite	Year
	Eric Dvorachek	18:00	Valders	2012
	Jim Weiland	18:00	Valders	1988
103	Phillip Gessler	18:01	Brillion	2010
	Ben Wilson	18:01	Valders	1991
105	Tyler Biederwolf	18:02	Conference	2004
106	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
109	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
	Shawn Nichols	18:04	Valders	1987
	Ryan Kraemer	18:04	Valders	1992
114	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
	Eric Dvorachek	18:05	County	2012
118	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
120	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
	Ryan Muga	18:07	Valders	2010
124	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
127	Rob Mentink	18:09	County	1992
	Joe Holzgart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
130	Joe Holzgart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Muga	18:10	Kewaskum	2010
	Steve Grunewald	18:10	Valders	1995
134	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
136	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
	Chris Wickesburg	18:12	Valders	1995
140	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
	Eric Dvorachek	18:13	Cedar Grove	2013
143	Matt Bahr	18:13.4	State	2009
144	Andy Buffington	18:14	Campbellsport	2005
145	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003
	Andy Buffington	18:15	Kewaskum	2005
	Matt Ackley	18:15	Kiel	2008
150	Chris Wickesburg	18:16	Sheboygan Lutheran	1995

Rank	Name	Time	Meet/Invite	Year
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
153	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
	Eric Dvorachek	18:17	Valders	2013
158	Joe Holzgart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
161	Joe Holzgart	18:19	County	1999
	Joe Holzgart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000
	Tyler Biederwolf	18:19	Cedar Grove	2003
	Tyler Biederwolf	18:19	Green Bay Preble	2004
	Kyle Bahr	18:19	Sheboygan Lutheran	2004
	Andy Buffington	18:19	Conference	2005
168	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Brian Sonnenberg	18:20	Reedsville	2001
	Eric Lefeber	18:20	Conference	2001
	Kyle Bahr	18:20	Sectional	2005
173	Pat Buffington	18:21	County	2001
	Andy Buffington	18:21	Sectional	2005
	Matt Bahr	18:21	Sheboygan Lutheran	2009
	Eric Dvorachek	18:21	Manitowoc Roncalli	2012
177	Joe Holzgart	18:22	County	1998
	Eric Lefeber	18:22	Sectional	2002
	Josh Schwinn	18:22	Kewaskum	2005
	Phillip Gessler	18:22	County	2010
	Eric Dvorachek	18:22	County	2013
182	Tyler Biederwolf	18:23	Green Bay Preble	2005
	Kyle Bahr	18:23	Sheboygan Lutheran	2005
	Eric Dvorachek	18:23	Plymouth	2012
185	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
	Joe Holzgart	18:24	Sheboygan Lutheran	1998
	Joe Holzgart	18:24	Plymouth	1998
	Kyle Bahr	18:24	Cedar Grove	2003
	Kyle Bahr	18:24	Conference	2003
	Tyler Biederwolf	18:24	Conference	2003
	Tyler Biederwolf	18:24	Kewaskum	2005
	Matt Ackley	18:24	County	2007
	Rob Mentink	18:24	Valders	1992
195	Kevin Gries	18:25	Valders	2008
196	Ben Wilson	18:26	Conference	1992
	Phillip Gessler	18:26	Valders	2010
198	Brian Cudworth	18:27	Reedsville	1994
	Matt Thielke	18:27	Conference	1997
	Matt Ackley	18:27	Valders	2008

Howards Grove High School

Girls Cross Country

4000 Meter Records

Records Kept Since 1993

Updated November 2, 2013

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	15:08.6	State	2003
2	Emily Post	15:09	Campbellsport	2003
3	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
5	Emily Post	15:21	Sectional	2003
6	Emily Post	15:22	Green Bay Preble	2003
7	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
9	Emily Post	15:31	State	2002
10	Emily Post	15:34	Cedar Grove	2003
11	Anna Holzwart	15:39.8	State - Div. 2	2004
12	Anna Holzwart	15:40	Green Bay Preble	2006
13	Emily Post	15:41	State	2001
14	Anna Holzwart	15:42	Plymouth	2004
15	Anna Holzwart	15:45	County	2004
16	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
18	Cassie Marver	15:48	Conference	2011
	Emily Post	15:48	Plymouth	2002
20	Cassie Marver	15:49.68	State - Div. 2	2011
21	Anna Holzwart	15:50	Conference	2004
	Cassie Marver	15:50	Conference	2012
23	Emily Post	15:51	Conference	2002
	Cassie Marver	15:51	Plymouth	2012
	Ashley Reinemann	15:51	Plymouth	2013
26	Anna Holzwart	15:52	Campbellsport	2004
27	Emily Post	15:53	Sheboygan Lutheran	2002
28	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
30	Emily Post	15:59	Sectional	2002
31	Cassie Marver	16:02	Sheboygan Lutheran	2011
	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
34	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
36	Emily Post	16:04	Reedsville	2001
37	Ashley Reinemann	16:04.39	Brillion	2013
38	Ashley Reinemann	16:05	Conference	2013
39	Anna Holzwart	16:07	Cedar Grove	2004
40	Anna Holzwart	16:08	Green Bay Preble	2005
41	Cassie Marver	16:09	Campbellsport	2012
42	Emily Post	16:10	Valders	2003
43	Ashley Reinemann	16:11	Campbellsport	2013
44	Cassie Marver	16:12	Plymouth	2011
	Anna Holzwart	16:12	Sectional - Div. 2	2004
46	Amy Thieleke	16:15	Kewaskum	2009
47	Emily Biederwolf	16:17	Sectional	2005
	Amy Thieleke	16:17	Conference	2008
49	Emily Biederwolf	16:18	Campbellsport	2005
	Cassie Marver	16:18	Conference	2010

Rank	Name	Time	Meet/Invite	Year
	Cassie Marver	16:18	Sectional	2010
52	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
54	Cassie Marver	16:20	County	2011
	Ashley Reinemann	16:20	County	2013
56	Cassie Marver	16:21	Sectional - Div. 2	2011
	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
	Cassie Marver	16:21	County	2012
60	Amy Thieleke	16:21.2	State	2007
61	Anna Holzwart	16:22	Kiel	2006
62	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
	Cassie Marver	16:24	Kewaskum	2012
	Cassie Marver	16:24	Sectional	2012
	Ashley Reinemann	16:24	Sheboygan Lutheran	2013
68	Cassie Marver	16:26	Campbellsport	2011
69	Cassie Marver	16:27	Brillion	2010
70	Anna Holzwart	16:28	Campbellsport	2003
71	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
73	Cassie Marver	16:30	Cedar Grove	2012
74	Amy Thieleke	16:31.2	State	2008
75	Cassie Marver	16:32	Brillion	2011
	Ashley Reinemann	16:32	Kiel	2013
77	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
	Ashley Reinemann	16:33	Sectional	2013
81	Cassie Marver	16:35	County	2010
	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
	Amy Thieleke	16:35	Conference	2010
	Cassie Marver	16:35	Manitowoc Roncalli	2012
86	Amy Thieleke	16:36	Sheboygan Lutheran	2009
	Rachel Moir	16:36	Sheboygan Falls	1993
88	Amy Thieleke	16:37	Campbellsport	2009
	Amy Thieleke	16:37	Conference	2009
	Amy Thieleke	16:37	Sectional	2007
	Cassie Marver	16:37	Sheboygan Lutheran	2012
92	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
	Cassie Marver	16:38	Valders	2012
95	Amy Thieleke	16:39	Cedar Grove	2009
	Rachel Moir	16:39	Plymouth	1993
	Ashley Reinemann	16:39	Cedar Grove	2013
98	Emily Biederwolf	16:39.1	State	2005
99	Cassie Marver	16:40	Valders	2011
	Emily Post	16:40	Sheboygan Falls @LTC	2002

**Howards Grove High School
Girls Cross Country
4000 Meter Records**

Rank	Name	Time	Meet/Invite	Year
	Amy Thieleke	16:40	Conference	2007
	Amy Thieleke	16:40	Sectional	2010
	Ashley Reinemann	16:40	Kewaskum	2013
104	Anna Holzwart	16:41	Cedar Grove	2005
	Ashley Reinemann	16:41	Manitowoc Roncalli	2013
106	Cassie Marver	16:42	Cedar Grove	2011
	Anna Holzwart	16:42	Plymouth	2005
108	Cassie Marver	16:43	Manitowoc Roncalli	2011
	Anna Holzwart	16:43	Conference	2003
110	Anna Holzwart	16:44	Sheboygan Lutheran	2005
111	Emily Biederwolf	16:46	Sectional	2004
	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
	Amy Thieleke	16:46	Kiel	2008
115	Emily Post	16:47	Sheboygan Lutheran	2001
	Emily Post	16:47	County	2001
	Emily Biederwolf	16:47	Campbellsport	2004
	Emily Biederwolf	16:47	Conference	2005
	Emily Eschen	16:47	Campbellsport	2013
120	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
	Emily Eschen	16:48	Conference	2012
123	Anna Holzwart	16:48.1	State	2003
124	Amy Thieleke	16:49	County	2009
	Cassie Marver	16:49	Campbellsport	2010
126	Amy Thieleke	16:50	Kiel	2009
	Emily Eschen	16:50	County	2012
128	Cassie Marver	16:51	Sheboygan Lutheran	2010
129	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
131	Cassie Marver	16:53	Plymouth	2010
	Amy Thieleke	16:53	County	2007
133	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
	Emily Eschen	16:54	Conference	2013
136	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
138	Amy Thieleke	16:56	Plymouth	2010
139	Anna Holzwart	16:58	Sheboygan Lutheran	2006
140	Rachel Moir	16:59	Valders	1993
141	Amy Thieleke	17:00	County	2010
	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
	Amy Thieleke	17:00	Plymouth	2008
	Emily Eschen	17:00	Plymouth	2012
	Emily Eschen	17:00	Campbellsport	2012
148	Anna Holzwart	17:01	Cedar Grove	2006
	Emily Eschen	17:01	Kiel	2013
150	Kaitlyn Near	17:02	Conference	2013

Rank	Name	Time	Meet/Invite	Year
151	Emily Eschen	17:02.21	Brillion	2013
152	Emily Biederwolf	17:03	Conference	2006
153	Amy Thieleke	17:04	Cedar Grove	2008
	Emily Eschen	17:04	Plymouth	2013
155	Cassie Marver	17:05	Kewaskum	2010
	Amy Thieleke	17:05	Kiel	2007
157	Amy Thieleke	17:06	Manitowoc Roncalli	2009
	Amy Thieleke	17:06	Sheboygan Lutheran	2010
	Amy Thieleke	17:06	Brillion	2008
	Emily Eschen	17:06	County	2013
161	Emily Biederwolf	17:07	Plymouth	2005
162	Amy Thieleke	17:08	Kewaskum	2010
	Laurie Taylor	17:08	Conference	1995
164	Cassie Marver	17:09	Kiel	2012
	Morgan Edge	17:09	Campbellsport	2012
	Emily Eschen	17:09	Sectional	2012
167	Emily Eschen	17:10	Sectional	2013
168	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
170	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
172	Cassie Marver	17:13	Cedar Grove	2010
	Amy Thieleke	17:13	Brillion	2010
	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
176	Amy Thieleke	17:14	Valders	2009
	Emily Biederwolf	17:14	Kiel	2005
178	Amy Thieleke	17:15	Sectional	2009
	Cassie Marver	17:15	Kiel	2011
	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
	Emily Eschen	17:15	Sheboygan Lutheran	2013
183	Morgan Edge	17:16	Campbellsport	2013
184	Emily Eschen	17:17	County	2011
185	Kaitlyn Near	17:17.09	Brillion	2013
186	Amy Thieleke	17:18	Plymouth	2009
	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
189	Amy Thieleke	17:19	Sheboygan Lutheran	2007
	Kaitlyn Near	17:19	Campbellsport	2013
191	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
193	Emily Eschen	17:21	Conference	2011
	Laurie Taylor	17:21	Campbellsport	1995
	Emily Eschen	17:21	Cedar Grove	2013
196	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
197	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
	Morgan Edge	17:23	Sectional	2013

**Howards Grove High School
2013 Cross Country
Gatorade "Will to Win" Athletes**

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

Week# (Meet/Invite)	Female Winner	Male Winner
Weeks #1 & #2 (Practice)	Katie Guse	Eric Dvorachek
Week #3 (Kiel Invite)	Ashley Reinemann	Luke Oxtoby
Week #4 (CG, Roncalli)	Melissa Oxoby	Arthur Meyer
Week #5 (Lutheran, Valdars)	Morgan Edge	Eric Bruckschen
Week #6 (Plymouth, Kewaskum)	Megan Grimmenga	Reed Trueblood
Weeks #7 & #8 (County, Brillion, Campb.)	Kaitlyn Near	Luke Oxtoby
Week #9 (Conference)	Kara Bell	Reed Trueblood

"Will To Win" Athlete-of-the-Year

Megan Grimmenga	Reed Trueblood
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CROSS COUNTRY HISTORY



1984-2013

Howards Grove Cross Country

Leaving a Legacy Behind
- One Stride at a Time -

Head Coaches

Mark Hinterberg	1984-1995
Art VanDerWahl	1995
Chris Barry	1996-1997
Gary Kalk	1998-Present

Assistant Coaches

Art VanDerWahl	1994-1995
Mandy DeBruin	2001
Mark Buffington	2003-2005
Andy Buffington	2007
Whitney Diedrich	2010-2011

Howards Grove Cross Country Program Stats

COACH GARY KALK
1998 - Present

GIRLS					
WIN	LOSE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
1	12	5	INC	INC	---
0	9	5	INC	INC	---
35	63	9	4th	8th	---
21	69	12	6th	10th	1
22	67	10	4th	10th	1
74	38	13	2nd	2nd	7 <small>Team</small>
60	67	10	3rd	11th	1
20	51	6	4th	12th	1
30	66	7	4th	9th	---
7	62	6	6th	INC	1
10	52	6	6th	10th	1
2	50	6	7th	INC	---
57	50	16	4th	7th	---
32	66	13	4th	10th	1
69	46	11	4th	7th	---
91	25	11	2nd	3rd	---

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011
2012
2013

BOYS					
WIN	LOSE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
26	73	9	4th	11th	---
21	63	10	5th	13th	---
28	55	9	5th	9th	---
50	55	10	4th	6th	1
47	42	16	3rd	6th	1
62	35	17	3rd	5th	1
40	51	9	2nd	10th	---
48	51	7	3rd	6th	---
2	38	6	6th	11th	---
55	44	9	2nd	4th	---
81	29	11	2nd	3rd	1
44	71	8	4th	6th	1
29	74	9	5th	7th	1
0	70	5	5th	17th	---
12	101	7	4th	12th	---
45	80	8	4th	12th	1

531	793	146
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14

TOTALS

590	932	150
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7

Male Alumni

1984-2013

Athletes Name	Year(s)
Andrews, Nathan	94
Ackley, Matt	07, 08
Bahr, Kyle	03, 04, 05
Bahr, Matt	08, 09
Biederwolf, Tyler	02, 03, 04, 05
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bolz, Marquis	10, 11, 12, 13
Bower, Bryan	01
Bramstedt, Darin	85, 86
Bruckschen, Eric	13
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04, 05
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Carstens, Mach	09
Cudworth, Brian	92, 93, 94, 95
DeRyter, Kurt	90
DesArmo, Corey	99
Didan, Firas (AFS-Jordan)	87
Dreier, Adam	03
Drueck, Josh	98, 99, 00, 01
Dvorachek, Eric	11, 12, 13
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Eschen, Brian	09, 10
Finstad, Kyle	06, 07, 08
Frantz, Chris	90, 91, 92
Gessler, Phillip	08, 09, 10
Glaser, Zach	07
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Gries, Kevin	07, 08
Grosshuesch, Dave	86, 87, 88
Grunewald, Jeff	97, 00
Grunwald, Steve	93, 94, 95
Hafele, Brent	93, 94
Hafele, Craig	97
Hahn, Aaron	01
Hahn, Adam	00, 02, 03

Hahn, Eric	03
Heili, Adam	03, 04
Hodgson, Dale	10, 13
Holler, Greg	90
Holmes, Scott	87, 88, 89, 90
Holzward, Joe	96, 97, 98, 99
Holzward, Paul	97, 98, 99, 00
Horneck, Chris	88
Horness, Chris	97
Jaberg, Tim	96
Jahnke, Mathew	02
Johannes, Brad	91, 92, 93
Kalmerton, Jerrad	90, 91
Kestell, Ben	91, 92, 93, 94
Kestell, Josh	91, 92, 93
Kestell, Travis	94, 95
Kiesau, Brent	07, 08
Knuth, Jason	86
Kramer, Ryan	89, 90, 91, 92
Krueger, Jamie	93
Krueger, Jessie	85, 87
Krutzik, Brad	85
Lau, Brian	90, 91, 92
Lefebber, Eric	01, 02
Lindorfer, Charlie	97
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Mayer, Bryan	03
Meidl, Jared	08, 09
Mentink, Robb	92, 93, 94
Meyer, Arthur	12, 13
Meyer, Fred	11, 12, 13
Milbrath, Tim	95, 96
Monte, Ryan	96
Morris, Eric	87, 88, 89, 90
Mugan, Ryan	10
Murphy, Dan	85
Nichols, Shawn	85, 86, 87, 88
Olson, Bryan	92
Oxtoby, Luke	12, 13
Pahl, Jason	88, 89

Male Alumni

(Continued)

Athletes Name	Year(s)		
Paweski, Bryan	06	Weber, P.J.	94, 95
Penny, R	91	Wetherell, Mike	86, 87, 88, 89
Petrie, Evan	03	Whitehead, Garrett	09, 10
Philipps, Billy	04, 05, 06	Wickesberg, Chris	94, 95
Plate, Dan	85, 86	Wieland, Tim	88,89,90,91
Plate, Steve	88, 89, 90, 91	Wilson (Fleischfresser), Jeff	86, 87, 89
Platz, Jamie	92, 93	Wilson, Adam	90
Plocar, Travis	02	Wilson, Ben	90, 91, 92
Poirier, Brian	96, 97, 98, 99	Winter, Marc	95
Post, Adam	03, 04	Wleklinski, Mike	07, 08, 09, 10
Pratt, Scott	84	Woepse, Craig	94, 95, 96, 97
Prueter, Doug	86, 87, 88, 89	Zittel, Jacob	92, 93, 94
Reseburg, N	91	Zore, Kurt	96
Rietbrock, Ben	91, 92		
Roehrig, Brad	90, 91		
Scheele, Steve	02, 03		
Schueler, Trevor	07, 08, 09, 10		
Schuette, C	91		
Schwinn, Corey	90, 91		
Schwinn, Josh	02, 03, 04, 05		
Schwinn, Mark	88		
Seibel, Dan	86		
Siebel, Mike	84		
Sixel, Dean	90, 92		
Sonnenberg, Andrew	03, 04, 05, 06		
Sonnenberg, Brian	98, 99, 00, 01		
Spieth, Chris	11		
Stange, Cody	10, 11, 12		
Steltenpohl, Jon	01, 02		
Thieleke, Matt	96, 97		
Thill, Chris	96, 97, 98, 99		
Traas, Eric	90, 91		
Trueblood, Reed	12, 13		
Valenstein, Justin	02		
VanDeKreeke, Bryan	02, 03, 04		
VanWyk, Mike	99, 00, 01, 02		
VanWyk, Zak	97, 98, 99, 00		
VerStraate, Eric	05, 06, 07, 08		
VerVelde, Collin	06, 07, 08, 09		
Voelker, Mike	85		
Voss, David	94, 95, 96		
Wagner, Jon	93, 94, 95		

Female Alumni

1984-2013

Athletes Name	Year(s)
Akright, Sarah	91, 92
Albert, Sarah	06
Arnoelter, Angie	91, 92
Athorp, Sara	11
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bell, Kara	12, 13
Bergemann, Jenny	89
Biederwolf, Emily	04, 05, 06
Binversie, Lauren	10
Bitter, Allison	99
Bolz, Felicia	02, 03
Bonde, Jenny	96, 97, 98
Bonde, Kelly	94, 95, 96
Brendel, Lisa	90
Brunmeier, Brenda	86
Conrad, Carmen	08, 09, 10, 11
Cyr, Melanie	10
Dahm, Betty	90, 91, 92
Dekker, Jenny	92
DeRuyter, Lisa	89
Dragan, Deanna	97, 98, 00
Edge, Morgan	11, 12, 13
Eichhorst, Skyler	06
Elzinga, Celine	02, 03, 04
Eschen, Emily	11, 12, 13
Eschen, Noelle	12, 13
Fleischfresser, Jenny	89
Frantz, Sarah	97
Greske, Amy	00
Gries, Holly	97
Gries, Laura	01, 02, 03, 04
Grimmenga, Megan	10, 11, 12, 13
Grunewald, Jeanette	95
Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Guse, Katie	13
Hackbarth, Krista	10
Hartlaub, Rachel	10, 11
Havlinek, Tammy	84

Hedstrom, Andrea	01
Heiling, Elissa	91
Heling, Heidi	97
Herbold, Wiebke (AFS-Germany)	00
Holzward, Anna	03, 04, 05, 06
Horness, Lindsay	02, 03
Keberly, Maria	10, 11, 12
Kidder, Karissa	10, 11
Kirsch, Jessica	05, 06
Kisiolek, Emily	04
Koenig, Ashley	03
Koleno, Kim	01
Kraemer, Ashley	95, 96
Landwehr, Lori	89, 90, 91
Larson, Christina	07, 08, 09, 10
Larson, Jessica	10, 11, 12
Lutzke, Heather	94
Mansker, Kortney	04
Marver, Cassie	10, 11, 12
Mihm, Tracy	91, 92
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Near, Kaitlyn	13
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Oxtoby, Melissa	13
Palm, Brittney	07, 08, 09, 10
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84
Post, Emily	00, 01, 02, 03
Probst, Alison	05
Probst, Rachel	09, 10
Reinemann, Ashley	13
Reinke, Hayley	10, 11, 12, 13
Rietbrock, Carrie	90
Rietbrock, Michelle	91, 92
Rittenhouse, Erika	12, 13
Roehrig, Stacy	89, 90
Roethel, Amy	90

Howards Grove Cross Country

CLC Team Championships

BOYS

GIRLS

1987, 1990, 1991, 1992

State Team Qualifiers

BOYS

GIRLS

1992 -- 10th place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

2003 -- 12th Place -- Division 3

Name	Time	Place
Emily Post	15:08.6	1
Anna Holzwart	16:48.1	57
Ashley Koenig	17:39.2	97
Felicia Bolz	18:09.2	112
Bethany Tutas	18:34.8	117
Heidi Rooker	18:39.6	121
Lindsay Horness	18:57.2	127

State Individual Qualifiers

BOYS

GIRLS

Division	Name	Year	Time	Place	Division	Name	Year	Time	Place
3	Ryan Kramer	1991	Not Found	23	3	Emily Post	2001	15:41	9
3	Chris Wickesberg	1995	Not Found	Not Found	3	Emily Post	2002	15:31	2
3	Pat Buffington	2001	18:03	67	2	Anna Holzwart	2004	15:39	16
3	Pat Buffington	2002	17:20	24	3	Emily Biederwolf	2005	16:39.1	42
3	Pat Buffington	2003	17:05	20	3	Amy Thieleke	2007	16:21.2	33
3	Matt Ackley	2008	17:55.0	68	3	Amy Thieleke	2008	16:31.2	41
3	Matt Bahr	2009	18:13.4	77	2	Cassie Marver	2011	15:49.68	41
3	Ryan Muga	2010	16:39.93	4					
3	Eric Dvorachek	2013	17:30.49	44					